

**YOGA MAT CARRY BAG**

**CROSS-REFERENCE TO RELATED APPLICATIONS**

NONE

**STATEMENT REGARDING FEDERALLY  
SPONSORED RESEARCH OR DEVELOPMENT**

Research and development of this invention and Application have not been federally sponsored, and no rights are given under any Federal program.

**REFERENCE TO A MICROFICHE APPENDIX**

NOT APPLICABLE

**BACKGROUND OF THE INVENTION**

**FIELD OF THE INVENTION**

This invention relates to the practice of yoga, in general, and to the veneration of yoga as an art form, in particular.

**DESCRIPTION OF THE RELATED ART**

Yoga, as a steady practice, has burgeoned in recent years from an estimated five Million practitioners to approximately ten Million practitioners. As is known, in revitalizing and rejuvenating the yoga practitioner to enhance overall health, different disciplines have evolved. With Bikram yoga, for example, some 26 poses always done in the same order, and always with the same dialogue is one favored discipline, employing mirrors and bright lights in a heated studio. Kripalu yoga, on the other hand, preferred by its many adherents, is practiced with soft lights attended by soft music, with very gentle, very

slow stretching movements followed by meditational periods. Other disciplines exist between these two -- with some, such as Iyengar yoga, employing props as straps, blocks, etc.

As is well known, the mats utilized in the yoga experience are of a size and thickness that depend on the type of yoga being practiced. Typically 5-6 feet long and 3-4 feet wide, these mats often range between 1/8 and 2 inch thick, with the thinner mats being used as a "travel mat", and with the thicker mats being used where a greater protection for the spine is desired, as when rolling on a hardwood floor.

As will be understood and appreciated, serious devotees of yoga recognize that yoga is something more than exercise. Because yoga is a practice that cleanses the body, synthetic clothing is often avoided when performing its movements. Many practitioners believe in the yoga philosophy of "Ahimsa", or "Do no harm", and therefore adhere to a vegetarian diet; leather products are also avoided. The science of yoga also fosters introspection and respect for ritual. For such reasons, many practitioners value their yoga props including their mats, which they may carry to each class with them under an arm, and then store in the back seat or trunk of their automobile until returning to class again.

As will become clear from the following description, the present invention affords an easier and more protective way of carrying the mat than under one's arm, either rolled up or unravelled. But, moreover, as the mat is where the spirit of

yoga begins, the teachings of the invention recognize the mat as being something which is functional, beautiful and personal to the devotee's ritual of yoga practice -- something to be treated with respect. And, as the present invention serves to protect and to treat the mat with a respect that can enhance the practice itself, the teachings of the invention will be understood to allow for its use for all the yoga disciplines and for all the types of mats employed, no matter their size or composition.

#### SUMMARY OF THE INVENTION

As will become clear from the description below, a carry bag is provided to allow ventilation of the mat when the mat is placed within. Being of substantially cylindrical configuration, the carry bag holds a rolled yoga mat without an encircling band, and permits its protection against such environmental elements as rain, sleet and snow. Employed with a shoulder strap on the bag extending on an outside surface between its top and bottom portions, the bag can easily be carried about -- with a drawstring closure being provided, furthermore, in closing the bag against precipitating ambient conditions.

As will be seen, a preferable construction of the carry bag is one in which a crocheted end cap is provided to hold the rolled mat, with air permeable openings to ventilate the mat no matter the stitching or thread diameters employed. Whether loops, puff or popcorn stitches are employed, or whether the crochet be from chain stitch or triple crochet and long

stitches, the interlocking crocheted needlework formed with the thread and hooked needle will be appreciated to allow a "breathing" for the mat whether composed of rubber or otherwise.

As practitioners in the yoga community comport themselves in treating their mat as their own special space, the carry bag of the invention will be appreciated to be an emolument to the caring for, and respecting of, this space.

#### **BRIEF DESCRIPTION OF THE DRAWINGS**

These and other features of the present invention will be more clearly understood from a consideration of the following description, taken in connection with the accompanying drawings, in which:

FIGURES 1a-2c are top, bottom and side views of one form of carry bag constructed in accordance with the invention; and

FIGURES 2a-2d are top, bottom, side and rear views of a second carry bag construction embodying the invention.

#### **DETAILED DESCRIPTION OF THE INVENTION**

Referring to the Drawings, the carry bag of the invention 10 is composed of a non-synthetic material -- preferably a non-synthetic fabric selected from the group of cottons, velvets, velours, silks, brocades and tapestries. (Synthetic materials such as nylon are noted to be given a chemical coating when manufactured in helping to keep the fabric clean; which, over time, leaches off as a toxic-considered gas disfavored by the yoga community.) Exceedingly simple to manufacture when made of cotton, the carry bag 10 has an open first end 12 and a closed

opposite second end 14, in giving the bag a substantially cylindrical configuration. With a rolled yoga mat 16 inserted within the bag 10 via the end 12, the mat 16 is held in place -- but with the end 14 being yet selected to be air permeable in allowing ventilation of the mat in allowing it to breathe. In a preferred construction of the invention in optimizing this feature while providing an attractive cosmetic appearance, the second end 14 of the bag 10 is in the nature of a crocheted end cap. In particular, the crocheted interlocking of its looped stitches formed with a hooked needle and thread provides this degree of permeability no matter the type of stitch style being utilized.

As will be appreciated by those skilled in the art, as yoga mats are typically 5-6' long and 3-4' wide, with a thickness typically 1/8"-2", the dimensions selected for the carry bag 10 would be selected to receive and accommodate these types of mats. For a "small" mat, a substantially cylindrically configured carry bag 10 according to the invention may be of a 9" diameter and 29" length, whereas an 11"x33" dimension bag would suffice for a "large" size mat. When non-synthetic fabrics are employed for the non-synthetic material of the carry bag 10, they can be composed of rich colors or of a patterned display in providing an attractive look. Such patterns found to receive great acceptance include florals, batiks, and nature scene displays, whether composed of a one-piece fabric (as in the carry bag of FIGURES 1a-1c), or of a multi-piece fabric (as at

50, 60 in the carry bag of FIGURES 2a-2d).

As many yoga practitioners view their mats as their "sacred space", and "where yoga begins", the carry bag of the present invention also may include a drawstring 18 at the open first end 12 for closing and tieing the bag in protecting the mat within against such environmental elements as rain, sleet and snow. Composed of cord, string, or interwoven threads in any well-known manner, such "ties" pass around the bag at an upper portion 26 adjacent its open end 12, through any type of channel 20 formed by a folding-over of the fabric material. In the configuration of FIGURES 2a-2d, such drawstring 18 (of sections 18a, 18b) continues in extension downward toward a join 28 at a bottom portion 22 of the bag 10 in forming a two-strand shoulder strap 24 to allow for easy carrying of the mat, in manner far more convenient and far less cumbersome than trying to carry the mat -- rolled or unrolled -- under one's arm. (Storage between usage, will also be seen easier and cleaner, in manner consistent with the overall honoring of the place that the mat forms in the yoga practitioners lifestyle.) In FIGURES 1a-1c, on the other hand, the shoulder strap 24 forms a component separate from the drawstring 18, in extending on the outside surface of the bag upwardly from its bottom portion 22 toward its top portion 26.

As FIGURES 1b and 2b illustrate, different forms and designs of crochet are available according to the invention. Types of threads and yarns employed, diameters utilized,

finishes, colors and dyes will be appreciated to be within the scope of the invention, as they all will be seen to provide the air permeability in ventilating the mat and allowing it to breathe. Such feature will be understood to be particularly important for those yoga disciplines comporting active movements producing perspiration. The air permeability thus fosters the drying of the mat and the dispensation of otherwise accumulated odors.

While there have been described what are considered to be preferred embodiments of the present invention, it will be readily appreciated by those skilled in the art that modifications can be made without departing from the scope of the teachings herein. For at least such reason, therefore, resort should be had to the claims appended hereto for a true understanding of the invention.